



# St. Nicholas Catholic

February 2025

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## St. Nicholas Catholic Elementary School

Home of the Tigers

**Mission Statement:** To educate each student to his/her full potential in a community formed and guided by Catholic beliefs and traditions.

**Motto:** "Journey Together On The Road To Discovery"

St. Nicholas Catholic is proud to be a part of the Denis Morris Catholic High School Family of Schools.

*Go Tigers Go!*

**Principal:** Mrs. Jackie Watson

**Secretary:** Mrs. Kim Winstanley

**Catholic School Council Chair:** Ms. Paprzycki

**Superintendent:** Mrs. Forsyth-Sells

**Parish:** Cathedral of St. Catherine of Alexandria, Father Benjamin Weber, Father Paul Mc Donald

**Email:** [st.nicholas@ncsb.com](mailto:st.nicholas@ncsb.com)

**Location:** [149 Church St., St. Catharines, ON, Canada](#)

**Phone:** [905-685-7764](tel:905-685-7764)



**Called By Name - Come Follow Me: Reflection #6**

"Come, follow me!" These words of Jesus are an invitation for each and every one of us. How can each of us better follow Jesus right where we are today? How can we become missionaries encouraging each other to look up from the table, let go of our sins and see the finger of Jesus pointing at each of us personally beckoning us to hear the command call?: "Come, follow me!"



## School, Home, Parish

St. Nicholas Catholic Elementary Schools is associated with the Cathedral of St. Catherine of Alexandria. Parish Priests are Father Ben Weber and Father Paul McDonald.

Weather pending, we walk to church once a month for mass with Father Ben, usually the third Thursday of the month for a 10:00 a.m. start. Each class is responsible for the readings and for celebrating mass along side Father.

Our current masses are as follows:

February 20th - Thank you to Mrs. Marotta and her 4/5 class for celebrating mass with us.

March 5th (Ash Wednesday), March 20th, April 17th, May 15th and June 19th.

We will also host in-school liturgies for Advent and Catholic Education Week. These dates and times will be posted on the monthly calendars.

All are always welcome to join in our celebrations, both at church and the school.



School-wide Sacrament of Reconciliation was on December 13th and will happen again on March/April. This will be held at school for students only who have already received.

Grade 8 Confirmation will be held on Pentecost, Sunday, June 8th at the 11:30 a.m. mass.

Grade 2 Sacrament of Reconciliation will be explained by Father directly and is to be received prior to the Sacrament of First Holy Communion.

Grade 2 Sacrament of First Holy Communion will be on a Saturday mass at 4:30 p.m., either May 10th or May 17th.

Grade 2 and 8 parent information regarding the Sacraments is released directly from the church.

Grade 8 Graduation - Wednesday, June 18, 2025 at Club Roma. Information to follow later.

Please understand that dates may change due to unforeseen circumstances. If this happens, the St. Nicholas Family community will be notified whenever possible.

## To Report Your Child Absent, Please Do Not Call The School

### SafeArrival:

To report your child absent prior to the start of the school day (before 8:25 a.m. of the day being called in for), please use one of the 3 methods listed below:

1. **Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account using your email address. After logging in, select the Attendance tab to Report an Absence.**
2. **Using your mobile device, download and install the SchoolMessenger app (blue logo) from the Apple App Store or the Google Play Store (or from the links at**

<https://go.schoolmessenger.ca>). Use your new login information to access your account.

Select Attendance to Report an Absence. If you would like to receive attendance notifications on your mobile device please enable Push Notifications in the Settings area of the app. The document Using the SchoolMessenger app will give instructions for using the App.

3. The toll-free number 844-287-6287 will allow you to report your child absent without creating an account.

## **Black History Month 2025: Black Legacy and Leadership: Celebrating Canadian History and Uplifting Future Generations**

### **News release:**

**OTTAWA, January 21, 2025**

Each year, Black History Month is an opportunity to celebrate the achievements of Black communities in Canada, listen to their stories, and learn more about their history and contributions to Canadian society.

The Honourable Kamal Khera, Minister of Diversity, Inclusion and Persons with Disabilities, today unveiled the theme for this year's Black History Month: "Black Legacy and Leadership: Celebrating Canadian History and Uplifting Future Generations." Minister Khera announced the theme today, on Lincoln Alexander Day, which commemorates the legacy of Canada's first Black Member of Parliament and Cabinet Minister, Lincoln Alexander.

The month of February gives us all the chance to celebrate the diversity and achievements of Black people in Canada. However, it is also a time to reflect on Canada's painful history and the distinct challenges that Black people in Canada continue to face in their daily lives, such as systemic barriers, racism and discrimination.

Our government has been steadfast in our commitment to combatting systemic barriers and creating a more equitable and just future for Black Canadians. To that end, Canada officially recognized the United Nations International Decade for People of African Descent in 2018. We also welcomed the adoption by the United Nations of the second International Decade for People of African Descent. Since 2018, our government has committed over \$1 billion to create a number of programs that are investing directly into Black communities right across the country. To read more about Canadian Heritage funding opportunities to support Black communities, visit the [Multiculturalism and Anti-Racism Program](#) web page.

As we prepare to celebrate Black History Month, I want to invite Canadians from coast to coast to coast to join us in highlighting and celebrating the remarkable contributions that Black people in Canada make to our country every single day.

### **Heritage Minutes: Richard Pierpoint**



**HERITAGE**  
MINUTES

# OSCAR PETERSON HERITAGE MINUTE

### Not Feeling The Greatest?

Flu and cold season is upon us and many of our students are already feeling a little under the weather. If your children are not feeling well, it may be a good idea to keep them home. This way they can rest, get better faster and rejoin their classmates and friends.

Thank you for keeping everyone healthy, happy and illness-free.



### Snow Day/Bus Cancellations

As a reminder for families who are familiar with the process outlined in our [School Operations for Inclement Weather and Workplace Closure AOP](#) – and as information for those who are new to the school in Niagara or Niagara Catholic – the decision to cancel buses is made by Niagara Student Transportation Services very early in the morning, based on the current and forecast conditions to ensure students are safe throughout the day. NSTS makes its decision with bus companies and consults agencies such as Niagara Regional Police about whether buses are safe on the roads. They communicate the decision to the local school board directors of education, who decide whether to open schools or keep them closed for the day. Niagara Catholic communicates decisions about bus and/or school cancellations by 6 a.m. You will find the information in the following places:



- On the Board website – a red banner appears on the main page when buses and/or schools are cancelled
- The Board's [Facebook](#), [Twitter](#) and [Instagram](#) pages
- Local radio and TV stations and newspaper websites

Most often, buses are cancelled but schools remain open. If you choose to keep your child at home due to inclement weather, **you must report their absence using the appropriate code through Safe Arrival.**



Please keep in mind that driving a car is much different than a bus, and even though roads seem fine to drivers in personal vehicles, the conditions (such as snow drifts) may make it impossible for school buses to navigate through neighbourhood streets, particularly if they are not ploughed. As well, we remind families that buses can be cancelled if the temperature falls to a point where stop arms and other mechanical parts required for the safe operation of the vehicle may freeze. We understand that may be frustrating for parents on a bright, cold, snow-free day, but the safety of students is the top priority of the school bus companies, NSTS and Niagara Catholic and if the buses cannot operate safely due to the cold, transportation will be cancelled.

Living between two lakes can mean completely different weather in parts of Niagara. Occasionally, that leads to bus cancellations or school closures in one part of Niagara due to weather, while the rest of the region is unaffected. We encourage you to please check our website and social media feeds for accurate information to ensure that what you are reading online applies to you.

If the entire system is shut down, we will call, email and text your family using School Messenger by 6 a.m. to advise you it's a snow day. You do not need to report your child's absence from school, as schools are closed.

## First Term Report Cards

Report Cards and IEPs will be uploaded to the Parent Portal the week of February 10, 2025. For those wishing to discuss the progress of your child(ren), please contact the classroom teacher(s) to arrange a mutually agreed upon meeting time.

## Welcome Graduates of 2036!

**Kindergarten Open House February 4, 2025 from 9:00 a.m. - 6:00 p.m.**

Do you have a little one at home who will be turning 4 years of age by December 31, 2025? Do you have family members or friends whose little ones will be turning four by that date? If so, they are eligible to start Kindergarten Year 1 within Ontario's publicly funded school system. Many Catholic schools will be hosting open houses for all to visit during the first full week of February.

St. Nicholas Catholic will be holding their Open House on Tuesday, February 4th from 9:00 a.m. - 6:00 p.m. This is an opportunity for you and your child to visit the school, to see the the Kindergarten classes in action and to ask any questions that you may have. No appointment is needed; just come by at any time during those hours.

Looking forward to meeting you and your child(ren).



## Kindergarten Second Fluoride Application

Parents/Guardians,

Niagara Region Public Health Dental Program will be visiting our school on May 2, 2025 to provide FREE fluoride varnish to JK/SK students. This service is recommended to keep teeth healthy and help prevent cavities. Your child may be eligible for dental services through [Healthy Smiles Ontario](#).



Did you know Niagara's drinking water does not have fluoride added? To learn more about the importance of fluoride, review the attached documents or visit the [Fluoride Varnish Program](#) webpage.

To provide consent for your child to receive a dental screening and fluoride varnish, please complete the online [Dental Program Medical History and Consent Form](#) by April 25, 2025. Choose "School (JK or SK Dental Screening and Fluoride Varnish)" when asked where your child is receiving dental services.

To speak to a public health dental professional, call 905-688-8248 ext. 7399 or [live chat](#) with the Dental Team. Translation services available.

To help us improve our services, please complete our 3 minute online [Fluoride Varnish Survey](#).



**Dental Parent Letter JK and SK.pdf**

[Download](#)

717.0 KB



**The Facts on Fluoride Varnish.pdf**

[Download](#)

1.1 MB

## Hot Lunches

February 7th Pizza Day

Last day to order will be Tuesday, February 4th.

February 21st Chicken Fingers and Potatoes

Last day to order will be Tuesday, February 18th.

Please note that all lunches must be ordered through school cash on-line. You cannot pay the day of the delivery.

Thank you



## Sports Corner

Basketball is well underway here at St. Nicholas Catholic. Practices have been hot and heavy and the teams are playing well together.

Our first round of action sees the Junior Girls playing on

Wednesday February 19th at Our Lady of Holy Rosary in Thorold.

They will be quickly followed by the Junior Boys on Friday, February 21st, again at OLOHR.

Congratulations to the following for making the team and playing so well together:

Avery B., D'janae D., Sarah G., Liberty G., Sulyana M-F, Chloe R., Aila R., Genevieve S., Rachel A.,

Miah SV.,

Muhammed A., Subomi A., Xavier A., Evan B., Kyle B., Billy C-D., Artem L., TJ L., Baraka M., Gabriel M., Danilo N., Orion R., Mason S., Hanniel S., Bryan U.



Not to be left out, our Intermediates have started their basketball play as well and their teams are shaping up wonderfully.

The Intermediate Girls get to show off their skills and passing abilities on Monday, February 24th at Saint Michael Catholic High School in Niagara Falls.

The Intermediate Boys get to show off their dribbles and dunks on Thursday, February 27th at Our Lady of Mount Carmel Elementary School in Niagara Falls.

Congratulations to the following team members:

Phoenix A., Emma B., Lola B., Nevaeha C., Tai'ya H-L., Brandy M., Miha O., Khloe P., Peniel T., Maya Q.

Kebron A., Trevor P., Pablo D., Daniel D., Andy L., Seim M-F., Cayden M., Alexander M., Lincoln M., Yadiel O.

Good Luck Tigers!

After a little athletic break in March, April will see Junior Handball. May will welcome in Intermediate Flag Football and our schools Track and Field. June will wrap up Track and Field with both the FOS and Board play. Details for these sports to follow.

## **National Sweater Day - Thursday, February 6th**

Thursday, February 6th is National Sweater Day across Canada. We can support this cause by reducing the heat in our homes, and by dressing in warm layers. Show your support at school this day by wearing your favourite sweater!

Dress code bottoms required.



## **Pink Shirt Day, Wednesday, February 26, 2025 - Let Kindness Grow: Cultivating a Community of Kindness**

### **History of National Pink Shirt Day**

The roots of National Pink Shirt Day began in 2007, inspired by an act of kindness from two high school students. Travis Price and David Shepherd, from Berwick, Nova Scotia, noticed a new student being bullied for wearing a pink shirt.

They decided to take action by buying 50 pink shirts and encouraging their peers to wear them in solidarity. The next day, many students showed up in pink, creating a powerful statement against bullying.

The event gained momentum quickly. It was not just a school initiative anymore; it spread across Nova Scotia and then Canada. People from different regions started participating, and the movement grew each year.

National Pink Day became a national event recognized for raising awareness about bullying in schools, workplaces, and online. It emphasizes the importance of standing up against bullying and promoting kindness.

National Pink Day's impact extends globally, with support from people in over 180 countries. The day focuses on creating safe, inclusive environments where bullying is not tolerated.



Our 2025 Pink Shirt Day theme is all about cultivating a community of kindness. Just like tending to a garden, together we can each help nurture a sense of belonging where we live, work, and go to school. It all starts with small gestures - a kind word, an offer of support or understanding. If we plant enough, pretty soon, more will be sprouting up all around us! By sprinkling these seeds of

empathy and compassion, we can work towards a world without bullying and "Let Kindness Grow" through all of our kindness community gardens. The Pink Shirt Day campaign recognizes the importance of unity, inclusivity, and diversity of all people.

Information for families and schools about Bullying – We Can All Stop It is available from the Ministry of Education.

Through simple actions like wearing pink, individuals show their commitment to a bully-free world.

## **KIDS HELPING KIDS February 10 - 21, 2025**

**Please make your donation through the Kids Helping Kids link at School Cash Online.**



Niagara Catholic's 27th Annual Kids Helping Kids fundraiser will take place from February 10-21, 2025. This year's event will jointly support the Niagara Children's Centre, as well as the Niagara Foundation for Catholic Education. Kids Helping Kids is a fun, informal fundraiser, which supports these causes through paid participation in events such as Jersey Day, Hat Day and Creative Hair Day. Donations to the Kids Helping Kids fundraiser can be made in School Cash Online.

For further information about the Niagara Foundation for Catholic Education, please contact Jim Marino, at 905.735.0240 ext. 210 or [jim.marino@nfce.org](mailto:jim.marino@nfce.org).

To find more about the Niagara Children's Centre, please visit their website: [niagarachildrenscentre.com](http://niagarachildrenscentre.com)



**Kids Helping Kids Poster 2025.pdf**

[Download](#)  
288.0 KB



**Kids Helping Kids.pdf**

[Download](#)  
178.2 KB

## **Valentine Day Candy-Grams**

For one week at the beginning of February, St. Nicholas Catholic's Student Council will be selling Valentine Day suckers once again for 50 cents each. Send a candy-gram to someone you love - or like - or just kinda', maybe, don't mind seeing.

Suckers can be purchased through school cash on line. Student Council will also be going from class to class from the 3rd to the 7th, if someone wishes to bring money in.

All sales end on Friday, February 7th - so please don't forget.

Suckers will be handed out at the end of the day on Thursday, February 13th.



All money raised will go towards the freezies, hot dogs and buns for Play Day in June.



## Catholic School Council

Catholic School Council will be holding a meeting on Monday, February 3rd at 5:00 p.m.  
All are welcome to attend.



## Public Health



Newsletter brought to you by Public Health



**February - Public Health Newsletter Elementary.pdf**

[Download](#)  
206.5 KB

## Kiss And Ride: Please Park Only In A Designated Parking Spot

Please remember that you are asked not to park or get out of your car when in the Kiss 'n Ride line up. The Kiss 'n Ride is exactly that - a quick kiss as your child(ren) quickly get out of the family car. Or the quick ability for your child(ren) to get into the car and do up their own seatbelts. Please ensure that you have pulled up to the front of the line prior to your child(ren) getting out of the car. After school, staff will support students by getting them to their car safely. If you need to help your child(ren) get in and out of the car, or to assist with the seatbelt, or to help with the putting on or taking off of backpacks, we kindly ask that you park your car in a designated parking spot - away from the flow of traffic.

Our parking lot is small, however the traffic is able to flow well when expectations are followed. We thank everyone for their cooperation when it comes to the safety of our students and staff when in the parking lot and in the Kiss 'n Ride.

## PPM 128 Cell Phone Use In Schools

Elementary Schools:

Dear Parent/Guardian(s),

As we continue to foster a safe and positive learning environment for all students, I would like to remind you of the new regulations regarding cell phone use that have been implemented in Ontario schools.

To minimize distractions and maximize learning, cell phones are only permitted during instructional time when they are being used for educational purposes as directed by the teacher. Outside of these times, students are expected to keep their phones turned off and stored away unless needed for documented learning needs and/or health related requirements. We kindly ask for your support in reinforcing this policy with your children and encouraging them to focus on their studies during school hours.



Your cooperation is essential in helping us maintain a healthy and respectful school environment. If you have any questions or concerns regarding these rules, please do not hesitate to contact the school.

Please note that all cell phones need to remain in backpacks or lockers. If your child does have a locker, it is suggested that s/he bring a lock. Cell phones are not to be kept in back pockets, in the pouch of hoodies, in desks, or anywhere visible.

If a child does have his/her cell phone out, they will be directed by the classroom teacher to go to the office where the phone will be locked in the safe. The cell phone will either be returned at the end of the day, or will be returned to the parent/guardian when they come to pick it up.

Thank you for your understanding and support.

## Elementary Dress Code

NCDSB has a dress code of navy and white for all Elementary schools and their students within. Below is an excerpt from the Elementary Standardized Dress-Code Policy 302.6.10:

1.1 At a minimum, every student is required to wear one of the following items: ☐ Navy Blue sweat pants for students in Kindergarten to Grade 3; ☐ Navy Blue Pants (Cargo, Corduroy, Denim, Dress, Kobe styles permitted); ☐ Navy Blue Dresses or Skorts; or ☐ Navy Blue Capris or Walking Shorts. ☐ Grade 8 students have the option to wear grey secondary uniform pants purchased through Board uniform suppliers. Pants, skirt or dress length must be appropriate and modest. Only knee length capris or shorts are permitted. All clothing must be in good repair.

1.2 At a minimum, every student is required to wear one of the following items: ☐ Navy Blue or White Oxford shirt (short or long sleeve); ☐ Navy Blue or White Polo shirt (short or long sleeve); or ☐ School designed spirit wear polo shirt. The elementary standardized dress code shirts, either polo or oxford must be buttoned in a respectable manner. Visible t-shirts worn under the elementary standardized dress code top must be either navy blue or white. In addition, approved sweaters and hoodies embroidered and/or screened with the school logo are permitted to be worn as part of the elementary standardized dress code.

Please see below the policy attached in its entirety.



**302.6.10 - Elementary Standardized Dress Code Policy.pdf**

**Download**  
227.6 KB

## Big Bear Spiritwear

St. Nicholas Spiritwear is now being offered through Big Bear Spiritwear. Please click onto <https://www.bigbearspiritwear.com/st-nicholas/> to see the options available for purchase. All St. Nicholas Spiritwear can be worn throughout the year as it is an extension of the school dress code.

Orders placed through Big Bear Spiritwear can either be picked up at their Niagara Falls store or can be delivered to the school for a \$3.00 charge. Items delivered to the school will be sent home



with the student in his/her backpack.

## Anaphylaxis Awareness

All schools within Niagara Catholic are peanut and tree nut free.

At St. Nicholas Catholic, we have students with life threatening allergies (anaphylaxis) to peanut and/or tree nut products. We ask that you please read labels carefully ensuring that all lunch products are peanut and tree nut free. That includes products that 'may contain' or are packaged in a facility that uses peanuts and/or tree nuts. For more information on anaphylaxis, visit [www.anaphylaxis.ca](http://www.anaphylaxis.ca).

We work very hard at preventing accidental exposure. We ask that you please ensure that your child has thoroughly washed his or her hands after eating peanuts or peanut products for breakfast/lunch while at home. It is also very important that we have common rules throughout the school. The teachers will explain the importance of the following health and safety routines to the students in their classrooms:

- 1) Wash hands with soap and water/hand sanitizer before and after eating,
- 2) Do not bring in food that contains, or possibly contains peanuts/tree nuts
- 3) Do not share food with other students
- 4) Do not accept food from other students, especially if you have an allergy
- 5) Dispose of all food waste properly

If your child has an allergy or is anaphylactic, please ensure that the office is aware and that the proper medical forms have been completed. All medication signed off on by a doctor will be housed safely at the school during the duration of the school year. Please check the expiration date of all medication prior to bringing in.

## Ensuring Asthma Friendly Schools

Ryan's Law (Ensuring Asthma Friendly Schools) 2015 is an important step to support the health and well-being of students diagnosed with asthma in Ontario schools.

**If your son/daughter has been diagnosed with asthma, please contact the office to provide information about your son/daughter's asthma medication.**

**You will be required to complete and submit the Niagara Catholic Student Asthma Management Plan for your student.**

Any student under the age of 16 years will be permitted to carry and administer his/her asthma medication at school with your consent. A student 16 years or older is not required to have his or her parent's or guardian's permission to carry his or her asthma medication.

The Ministry of Education website has resources on asthma that can be found at <http://www.edu.gov.on.ca/eng/healthyschools/anaphylaxis.html>.

## Please Keep us Updated

Communication thru emails:

A reminder that information and updates will be regularly sent out via email. Please ensure that your current email address is on file at the office. Likewise, monthly calendars, newsletters and on-line paraphernalia such as class trip information can be found on our school's website.

## Allergy Aware School



**\*Please understand that if we do not have your current email address, you will not receive information, you will not be able to access information such as report cards, through the parent portal, nor will you be able to access school cash on-line.**

**Always keep us apprised of email changes.**

**Thank you**

## **Respectful Interaction Framework**

St. Nicholas Catholic is rooted in Catholic and Christian values. Our goal is to create a safe, kind and loving environment for all who work, learn, and assist with our school community.

Aggressive or hostile behaviour or language toward, staff, students or our community helpers will not be tolerated.

While we welcome feedback, concerns and opinions it is the expectation that all staff, students, parents, guardians and community helpers communicate their needs and concerns with one another in a respectful and peaceful manner whether through email, on the phone or face-to-face. Adherence to this expectation is vital in order to create a community which can solve problems and help one another achieve success.



Thank you

***No school on PA Day Friday, February 14th or Family Day Monday, February 17th.***

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**Jacqueline Watson**

Jacqueline is using Smore to create beautiful newsletters